

Im Technologiepark 1 * 15236 Frankfurt (Oder)

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Week

01.

Lunch menu

Opening times:

Monday to Friday 8.30 to -10 am & 11.00 am to 1.30 pm 11.00 am to 1.30 pm pasta dísh

without meat

vegan dísh

at

Cafeteria

IHP GmbH

	Remember to check out our alternative daily offers											
Soup of the day 1,10 € from the soup pot 0,2		Once-course meal 4,00 € inclusive of 1 small dessert of the day 0.1 I		Main dish 4,50 € please choose from our daily offer of side dishes		Trend food 5,00 € please choose from our daily offer of side dishes						
									zzv	kcal	zzv	kcal

Monday 01.01.2024

Allen Mitarbeitern und Gästen wünschen wir ein gegundes neues Jahr



·	wir ein gesundes neues Jahr.							
	crambled eggs with herbs, creamed vegetables in Dutch sauce and boiled potatoes	Chicken 'cordon bleu' with cauliflower and potato puree		Baked Feta Cheese with mediterranean vegetables and herb potatoes pan				
aw 145 aw, c, i,	g, 3 560	aw, c, g, 1, 2, 3, 11	570	aw, g, 1, 3, 11	485			
Wednesday O3.01.2024 Parsley soup (meatballs.	axon-style peppered meat leeks and tomato-capsicum sauce) with potato puree	Vegetable bulgur patties on crisp lettuce and spicy yogurt dip		Sea salmon fillet Mexicana (Cheese taco bread) on mediterranean vegetable bed with ribbon noodles				
aw, g 165 aw, c, f, i, j,	g, 3, 11 590	aw, c, i	410	aw, d, g, i, j	680			
O4.01.2024 Italian sidh woup with vegetable julienne	Bami Goreng (Indonesian noodle dish with poultry)	Kassler-style fried pork steak with fried egg and potato puree		Leeks with buttered breadcrumbs and tomato rice				
d, i 90 aw,	610	aw, c, f, i, j, g, 2, 3, 11	740	aw	520			
O5.01.2024 Cream of broccoli soup with ap	Rice pudding ople puree, sugar and cinnamon		d beef goulash coms and spaetzle stuffed with vegeta		Omelette oles, served with salad garnish			
aw, g 130 g, 1:	903	aw, c, 5	420	c, g	510			

Please choose from our salad bar and the daily specials with dessert. Not IHP-members pay a surcharge of 0,50 Euro for lunch!

aw) cereals containing gluten (wheat) ar) cereals containing gluten (rye) b) crustaceans (-products) c) eggs (-products) d) fish (-products) e) peanuts (-products) f) Soy (-products) g) milk (-products, including lactose) h) nuts i) celery (-products) j) Mustard (-products) k) Sesame (-products) l) Sulphur dioxide and sulphites> 10 mg / kg / l m) lupine (-products) n) molluscs (-products)

ENJOY YOUR MEAL Menu subject to alterations!

marking required additives

1) with coloring 2) with preservative 3) with antioxidant 4) with flavor enhancer 5) geschwefelt 6) blackened 7) waxed 8) with phosphate 9) with sweeteners 10) contains phenylalanine 11) with sugars and sweeteners 12) with sugar substitutes 13) with quinine 14) with caffeine